

Celebrate Summer!

Family Fun Activities

Summer 2019

Prevent Bug Bites!

Mosquitos can spread disease. Use approved insect repellent that contains:

- * 20% Deet
- * Picaridem
- * IR3535



To prevent mosquito bites:

- * Dump out any standing water near your home
- * Wear light colored clothing, especially outdoors.
- * Stay inside during dusk and dawn
- * Use mosquito repellent



Health Corner

LEAD CAN HURT YOUR CHILD

Most children who are poisoned by lead **Do Not Look or Act Sick**

These are some symptoms you might see:

Nausea	Anemia
Constipation	Weight Loss
Inability to Sleep	Irritability
Dizziness	Headache

A blood test is the only way to know the blood lead level (BLL).

FREE Health Exams

Uninsured or lack preventive care insurance?

CHDP provides FREE health exams: Call 225-5122 or 800-300-5122 to find out if you qualify .

FREE Community & Cultural Events

Shasta District Fair

June 19-22
Wednesday is Dollar Day & Kids Day-everyone 13 & over \$1 and 12 & under are free.
www.shastadistrictfairandeventcenter.com

Mosquito Serenade Community Concerts

June 5 - August 21
Wednesdays
6 p.m.
Anderson River Park
378-6656
www.ci.anderson.ca.us/mosquitoserenade_info.asp

Anderson Fireworks

Tuesday July 3rd
Gates open at 4 p.m.
Concert at 7:30 p.m., and then fireworks at 10 p.m.
Shasta District Fairgrounds

Freedom Festival Civic Auditorium

July 4th
5 p.m. - Late evening
All-day festivities with food vendors, games, live entertainment and fireworks begin after dark.
www.reddingcivic.com

Burney Basin Days

July 4-7th
Parade, pancake breakfast, BBQ & firework.
Main St., Burney CA
335-2111



Recreation and Trails

FREE National Park Days

Come experience the national parks. Free admission at National Parks. August 25, Sept. 28, and Nov 11, Veterans Day.
www.nps.gov

Take a walk on the Sundial Bridge at Turtle Bay

Take a walk on the trail, extends along both sides of the Sacramento River. www.visitredding.com

Shasta Dam Tour

FREE guided tour of the dam and power plant. Tour the inside of the dam, learn the history, purpose and construction. Tours 7 days a week at 9 a.m., 11 a.m., 1, and 3 p.m.
275-4463

Free Fishing Days

July 6, and August 31. Try fishing on free days for adults and children.
www.wildlife.ca.gov



Sun Safety

- ☀️ Wear sunglasses
- ☀️ Put on a hat
- ☀️ Slip on a T-shirt or other cover-up
- ☀️ Wear sunscreen SPF 30 or greater & avoid mid-day sun
- ☀️ Re-apply sunscreen after swimming or sweating
- ☀️ Seek shade & drink plenty of water

Enjoy Free Movies in the Park

Keep watch for upcoming movies in the park– movies start at dusk.
www.enjoymoviesinthepark.com



Summer Camps

Summer preschool camp at the Martin Luther King Jr. Center provides fun and learning. The teachers are trained in child development and dedicated to helping children enjoy the discovery of play, learning and social interaction in a safe, positive environment. Lunch is included. 225-4095

www.cityofredding.org

Redding School District Summer Camp held at Cypress Elementary June 11-July 26, 7:15 a.m.-5:30 p.m. Weekly field trips to Waterworks Park call 410-4101

Don't forget the Free Summer Lunch Program call 225-0200



Playgrounds

Enterprise Park

Kids Kingdom (4300 Victor Ave.)

Open sunrise to sunset year round. Has a volcano water feature for kids!

Redding Aquatic Center

Opens May 25

Age 0-2.....**FREE**

Age 3-15.....\$3.25

Age 16+.....\$3.75

Monday - Thursday
6:45 - 8 p.m. 225-7248

Waterama May 24, 5-7 p.m.

Free come learn how to be safe in and around water!

Monday - Thursday
6:45 - 8 p.m.

Events at the Library

Children's Story Times

Babies, Books, & Play

Mondays
10:30 a.m.

Read & Sing Story Time

Tuesday
10:30 a.m.

Read & Play Story Time

Wednesday
3:30 p.m.

Read & Create Story Time

Thursdays
3:30 p.m.

Read & Discovery Story Time

Fridays
10:30 a.m.

Children's Creativity Hour

Saturdays
11:00 a.m.

Teen Advisory Board

Tuesdays
6-7:30 p.m.

Game Night

Mondays
4 -5:30 p.m.

Anderson Library Storytime

Thursdays
3:30 p.m. 365-7685

Burney Library Storytime

Wednesdays
11 a.m., 335-4317

Cottonwood Library

Children's Story Time

Wednesday

11:00 a.m.

www.shastalibraries.org



Good Oral Hygiene and regular visits to the dentist will help you maintain healthy teeth and gums.

Proper brushing technique

- ◆ Place your toothbrush at a 45-degree angle to the gums.
- ◆ Gently move the brush back and forth in short (tooth-wide) strokes.
- ◆ Brush to the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth.
- ◆ To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up and down strokes



Farmers' Markets

Redding Market

(EBT)

Saturdays

April 6-Dec. 14

7:30 a.m.-12 p.m.

Redding City Hall Center

777 Cypress Ave.

Sundays

June 9-Oct. 10

8 a.m.-12 p.m.

Turtle Bay Market

Anderson Market (EBT)

Thursdays

June 6-Sept. 26

7:30 a.m.-12:00 p.m.

Shasta Outlets parking lot, 1699 Hwy 273

Burney Market (EBT)

Wednesdays

June 12-Sept. 25

3:00-6:00 p.m. Burney Sporting Goods Store

Burney Sporti Goods Store



Cheesy Pasta with Summer Veggies

4 cups sliced mixed vegetables

(zucchini, broccoli, peas)

1 cup chopped tomatoes

8 ozs. whole wheat pasta

1½ tsp vegetable oil

2 med garlic cloves, minced

½ cup onion, chopped

1 tsp dried Italian seasoning

¼ tsp salt

⅛ tsp black pepper

¼ cup parmesan cheese

½ cup shredded mozzarella cheese



Directions:

Wash and slice vegetables, cook pasta; drain and save ¼ cup of water. Heat oil in a large skillet; add garlic and onion and sauté over medium heat until soft. Add uncooked hard vegetables and cook until soft. Add soft vegetables, Italian seasoning, salt and pepper. Add tomatoes last and cook until warm. Add cooked drained pasta and a little of the pasta water if needed. Add cheeses and stir until melted. Serve immediately. **Tip:** Add protein with cooked beans, meat, or fish. May use thawed frozen vegetables. Nutrition facts: makes 6-1 ½ cups servings. Total fat 8g, sodium 240 mg, carb. 35g. www.extension.iataste.edu